



Product Spotlight: Polenta

Polenta is made from ground corn and is quite versatile. It can be used in sweet and savoury dishes and is gluten-free!



Antipasto Tart with Bocconcini

A naturally gluten-free tart base, made from flavourful polenta, baked to create a crispy exterior, topped with roasted antipasto vegetables, Kalamata olives, bocconcini cheese and fresh basil.



30 minutes



4/6 servings



Vegetarian

Switch it up!

You can turn this dish on it's head! Cook the polenta at step 1. Sauté the vegetables in a frypan with a little water and tomato paste to make a mediterranean ragu. Serve ragu over creamy polenta with bocconcini and basil to serve.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	14g/17g	18g/22g	30g/32g

FROM YOUR BOX

	4 PERSON	6 PERSON
INSTANT POLENTA	250g	250g + 125g
EGGPLANT	1	1
RED CAPSICUM	1	2
ZUCCHINI	1	2
CHERRY TOMATOES	200g	2 x 200g
SHALLOT	1	2
KALAMATA OLIVES	1 tub	1 tub
BASIL	1 packet	2 packets
BOCCONCINI	1 tub	2 tubs

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried oregano, smoked paprika

KEY UTENSILS

saucepan, oven dish, oven tray

NOTES

For extra flavour in the polenta, add a stock cube to water, cook in equal parts water and milk or add parmesan cheese to cooked polenta.

We used a round oven dish, you can use a rectangular oven dish or for faster baking time spread polenta thinly onto a lined oven tray.



1. COOK THE POLENTA

Set oven to 220°C.

Bring a saucepan with **1.3L water** and **1 tbsp oregano** to a boil (see notes). Gradually pour in **polenta**. Reduce to medium heat and whisk continuously for 1–3 minutes until thickened. Remove from heat and season well to taste with **salt and pepper**.

6P – bring a saucepan with **2L water** and **2 tbsp oregano** to a boil.



2. BAKE THE POLENTA TART

Rub an oven dish with **oil** (see notes). Pour in **cooked polenta** and bake on top rack the oven for 25–30 minutes until slightly crisp on the top.

3. ROAST THE VEGETABLES

Cut **eggplant** and **capsicum** into strips. Slice **zucchini**. Toss on a lined oven tray along with **cherry tomatoes**, **oil**, **2 tsp smoked paprika**, **1 tbsp balsamic vinegar**, **salt and pepper**. Roast for 20–25 minutes until **vegetables** are tender.

6P – use **3 tsp smoked paprika**, **2 tbsp vinegar**, **salt and pepper**. Spread over **2 trays** if needed.



4. PREPARE THE TOPPINGS

Thinly slice **shallot**. Chop **olives** if desired. Roughly chop **basil leaves** and set aside with **bocconcini** (tear if desired).



5. FINISH AND SERVE

Add **roasted vegetables**, **shallot**, and **olives** to tart. Top with **bocconcini** and garnish with **basil**.



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